



MEDICAL IMAGE

Monthly Bulletin of INDIAN MEDICAL ASSOCIATION - MUMBAI WEST BRANCH
website: www.imamumbaiwest.com

President: **DR. JAYESH LELE**

Hon. Secretary : **DR. S.K.JOSHI**

Editor : **DR. B.M.INAMDAR**



- 2nd August : Dental update
- 9th August : Add. Gen. Body Meeting
- 9th August : IMA MS President Election

- 16th August : Gynaecon - 2009
- 30th August : Management of Pain





INDIAN MEDICAL ASSOCIATION MUMBAI WEST

Presents

“MANAGEMENT OF PAIN - BEYOND PHARMACOTHERAPY”

Day & Date : SUNDAY, 30th AUGUST 2009

Time : 07.00 p.m. onwards

**Venue : Hotel Novotel, Balraj Sahani Marg,
Juhu Beach, Mumbai - 400 049.**

Speaker

DR. ASLAM KHAN (Canada)

Special Guest

**MR. GEOFF DESMOULIN (Canada),
Hollywood Actor**

MODERATOR : DR. KETAN MEHTA

CME will be followed by
Cocktails and Dinner in an exotic environment

◆ Registration : FREE But Mandatory on or before 25th August 2009

Collect your Delegate Passes from IMA office

Registration : FREE (Only 200 Delegate)

FOR REGISTRATION CONTACT

MS. APARNA / MS. SEEMA / MS. SUNITA

IMA OFFICE, TEL. NOS.: 2620 6517 / 2625 4368

DR. JAYESH LELE
President

DR. S. K. JOSHI
Hon. Secretary

DR. KETAN MEHTA
Programme Co-ordinator

With Best Compliments From

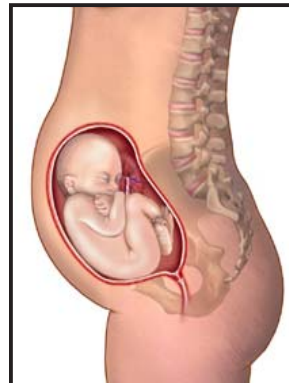
KKT International Centre for the Spine

Mega Mall, 3rd Floor, Opp. Oshiwara Bus Depot,
New Link Road, Goregaon (West), Mumbai - 400 104.
Tel. : 4266 6080 / 81 • e-mail : info@kktindia.com

www.kktindia.com

CONTENTS

President's Desk	3
Weekly Scientific Lectures	4
G.P.Forum	4
Secretary's Desk	5
Editorial	7
Additional General Body Meeting	9
Women's Wing Programe	10
Doctor's Day Celebrations - 2009	12
Review of "Medicine Update - 2009"	19
Smoking & Cardiovascular Disease	23
For Your Heart Strings	29
Dental Implants	30



EDITORIAL BOARD

Editor

Dr. B. M. INAMDAR

Co-editor

Dr. S. K. Joshi

Board

Dr. Akil Contractor
Dr. Arun Chaudhari
Dr. Yash Lokhandwala
Dr. Nitin Rao

FOR PRIVATE CIRCULATION ONLY

Published by : IMA MUMBAI WEST

Contact for write-ups, articles, interviews and advertisements : Editor : Dr. B.M. Inamdar,

IMA Bldg, Behind Chandan Cinema, J.R.Mhatre Marg, J.V.P.D. Scheme, Juhu, Mumbai - 400 049.

Office : 2625 4368 / 6523 5579 Fax : 2620 651

E-mail : imamumbaiwest@yahoo.com

Web : imamumbaiwest.com

Advertisement Cheques must be drawn in favour of IMA MUMBAI WEST

DISCLAIMER : Unless otherwise stated, the opinions expressed by any writers are their personal opinions. The appearance of advertisements in "Medical Image" is not guarantee or endorsement of the product or the claims made by the manufacturer/advertiser.

Please get your IMA Mumbai West **IDENTITY CARD**. Identity Card shall be mandatory for future events

UPDATE YOUR DATA	
Name :	<div style="border: 1px solid black; width: 80px; height: 80px; margin: auto; display: flex; align-items: center; justify-content: center;"> Your stamp size Photograph </div>
Residence Address	
.....Telephone.....	
Clinic Address.....	
.....Telephone.....	
Mobile.....	Blood Group.....
Email ID/s.....	Date of Birth.....
Send sms to 9819812996 or email to : drjayeshlele@yahoo.com	
DR. S.K. JOSHI Hon. Secretary	



INDIAN MEDICAL ASSOCIATION - MUMBAI WEST

I.M.A. Bldg., Behind Chandan Cinema, J. R. Mhatre Marg, J.V.P.D. Scheme, Juhu, Mumbai - 400 049.

Office : 2625 4368 / 6523 5579 FAX 2620 6517

E-mail : imamumbaiwest@yahoo.com • Website : www.imamumbaiwest.com

MANAGING COMMITTEE 2009 - 2010				
		TELEPHONE NOS.		
		Clinic	Residence	Mobile
President	: DR. LELE JAYESH M.	2882 3408	2807 0340	98198 12996
Imm. Past President	: DR. SUCHAK ANIL	2889 1484	2880 1555	98200 80151
Vice President	: DR. INAMDAR BALKRISHNA M.	2877 2823	2873 1040	98330 54054
Hon. Secretary	: DR. JOSHI S. K	2670 1418	2671 2254	93246 07663
Hon. Treasurer	: DR. HARIANI AJAY	2889 1484	2886 2359	98202 88508
Hon. Jt. Secretary	: DR. MEHTA (MRS.) ALKA B.	2683 2766	2683 2359	93232 32378

MEMBERS																	
Clinic			Residence			Mobile			Clinic			Residence			Mobile		
Dr. Arshad Gulam Mohd	2640	9907	2600	2524	98203	08204	Dr. Kate Suhas	2683	3939	2834	8401	98201	47041				
Dr. Bachani Manohar	2647	3020	2604	4396	98202	02856	Dr. Khosla Sanjeev	6694	1918	2637	0929	98202	96321				
Dr. Badwe Rohini	2874	6648	2686	3773	93210	24708	Dr. Mehta Ketan	2882	7500	2805	4406	98200	51849				
Dr. Baldwa Mahesh	2805	0268	2865	9137	93229	90138	Dr. Narendrakumar	2805	8086	2886	8086	93243	58086				
Dr. Balsekar Asok G.	2682	4409	2683	9164	98205	35802	Dr. Parikh Hitesh	2644	1395	2641	8778	98200	22154				
Dr. Contractor Akil	2612	7481	2649	9870	98920	84360	Dr. Patel Bhavana	2612	9337	2623	5353	97731	61617				
Dr. Chawla Manoj	2630	2288	2623	7955	98200	02333	Dr. Pathak Lekha	2649	0261	2640	5709	98210	89961				
Dr. Chaudhari Arun	2842	5029	2877	0960	98201	86978	Dr. Pingle Suhas H.	2612	7096	2611	2605	93222	50830				
Dr. Desai Devesh	2835	1377	2684	0695	98212	06967	Dr. Sanghvi Parthiv	2671	1873	2671	4722	98203	04284				
Dr. Doshi Kusum	2641	1334	2614	5316	98213	77654	Dr. Shah Nilesh	2614	7457	2614	8606	98206	71776				
Dr. Dua Atul	2887	6186	2886	6446	98201	40533	Dr. Shetty Umesh	5694	1610	2670	3639	98201	37779				
Dr. Gupta Sanjay	-		2628	2243	98202	32606	Dr. Tiwaskar Mangesh	2848	6588	2808	2713	98200	67424				
Dr. Joshi Kaushik	2888	8236	2880	2792	98922	80527	Dr. Vaid Zubin	2628	5700	2674	0082	98212	31939				
Dr. Kalambi Suresh S.	2679	6556	2683	5719	98191	62278	Dr. Vaidya Niranjan R.	-		2646	2122	93204	42122				
Dr. Kamdar Bipin	2612	6699	5691	9933	98200	26093	Dr. Vora Agam	2892	4811	2893	0010	9820070054					

MUMBAI - WEST SUB FACULTY OF IMA - CGP				
Asst. Director of Studies	: Dr. Kedia Subodh	2644	3276	2651 1297 98204 04753
Asst. Secretary	: Dr. Bhargava Priti	—		2633 0653 98338 87603

MUMBAI - WEST CHAPTER OF IMA - AMS				
Chairman	: Dr. Sanghvi Rashmikant	2882	1510	2809 1510 98200 48036
Asst. Secretary	: Dr. Patel Heena M.	2682	3179	2620 2392 93222 38372

BOARD OF TRUSTEES				
Managing Trustee	: DR. DOCTOR JAYESH	2628	4103	2610 5344 98201 57729
Members of Board of Trustees	: DR. AITHAL K. S.	2872	1469	2871 3022 93244 21469
	DR. JIMULIA R. G.	2620	6850	2671 4471 98202 51107
	DR. MEHTA B. S.	2683	2766	2683 2359 98201 31926
	DR. UMARJEE SAEED	2889	1523	2636 6284 98211 10975



**FROM
THE PRESIDENT'S DESK.....**



Dear Friends,

It is a great pleasure to present to you our last year's accounts for the Additional General Body meeting. Our important general body meeting this year will be held on 9th August.

I am sure all the office bearers and committee works hard to do something better and better for the association. This is the time to review the work done by the association. So please make date with IMA and do join us for this meeting.

Last month due to unavoidable circumstances, we had to start the printing the MEDICAL IMAGE, on our own as we were facing lot of difficulties with M/s Campaign Masters. In spite of trying to solve them we could no longer continue. We shall do our best to improve the quality of the magazine, with timely publishing as well as releasing to the members.

Our various events held last month like MEDICAL UPDATE 2009, and DOCTOR'S DAY felicitations as well as cultural event were well appreciated. Dr Rohini Badwe and Dr Meena Prabhoo and all the participants had taken lot of efforts for this dance programme. Balsekar has started with the Geriatric counseling center on Wednesdays

3 pm to 5pm; we hope that many shall take advantage of this.

This year's budget proposals by our Hon Finance minister include another avenue for doctors. At present it is for all the Plastic and

Cosmetics surgeons but this may lead to further burden to all other doctors gradually, so we must put forward our resistance at appropriated level.

Bio medical waste management through the agencies appointed is far from satisfaction and we are representing to the authorities to look into the matter at the earliest.

Our preparations for the **MASTACON 2009** are going on well. It will be an opportunity for our branch to give excellent CME as well as hospitability to our IMA Maharashtra State guests. Please confirm your delegate tickets as we have limited seats.

This year on **WORLD HEART DAY** organising **CARDIAC CHECK UP CAMP** on 27th September 2009 on Sunday, please do join us for this mega camp. This shall be specialty camp and we are looking forward to good needy patients take the benefit. Please inform all your patients to register with IMA OFFICE at the earliest.

We shall be holding branch level elections for the **IMA MAHARASHTRA STATE PRESIDENT** on 9th August. Our Branch has **officially NOMINATED DR BAKULESH S MEHTA for this post. Please do come with your friends & vote.**

DR JAYESH M. LELE

Cell : 981 981 2996

E mail : drjayeshlele@yahoo.com

Achivements

Dr. Akil Contractor	: Chairman, Medical Club of Vile Parle
Dr. Manoj Patel	: Managing Trustee, Vile Parle Medical Club Public Health Trust
Dr. Parthiv Sanghvi	: Hon. Joint. Secertary, Medical Club of Vile Parle
Dr. Sanjeev Khosla	: President, Mahim Dharavi Medical Association
Dr. Hitesh Parikh	: President, Santacruz Medical Association
Dr. G. P. Ratnaparkhi	: President, Andheri Medical Association
Dr. Nilesh Shah	: Vice Chairman, Medical Club of Vile Parle

WEEKLY SCIENTIFIC PROGRAMME

Lectures on Every Thursday
at 02.30 p.m. sharp

Venue : **Lupin CME Auditorium**, IMA Building,
J.R.Mhatre Marg, Behind Chandan Cinema,
J.V.P.D. Scheme, Juhu, Mumbai - 400 049.

DATE	TOPIC	SPEAKER
06.08.2009	Excessive crying	Dr. Jagruti Sanghavi
13.08.2009	Leukemia	Dr. Mehboob Basade
20.08.2009	Fever in Children	Dr. Indu Khosla
27.08.2009	Anemia	Dr. Bharat Agarwal

G. P. FORUM

ADDITIONAL C.M.E. PROGRAMME FOR GENERAL PRACTITIONERS

Every Tuesday
at 02.30 p.m. sharp

Venue : **Lupin CME Auditorium**, IMA Building,
J.R.Mhatre Marg, Behind Chandan Cinema,
J.V.P.D. Scheme, Juhu, Mumbai - 400 049.

DATE	TOPIC	SPEAKER
04.08.2009	Recent advances in community acquired Pneumonia	Dr. Mangesh Tiwaskar
11.08.2009	Steroids	Dr. Prabhakar Shetty
18.08.2009	Adrenal Disorders	Dr. Ketan Mehta
25.08.2009	Cardiomyopathy	Dr. V.T. Shah

- We highly appreciate and thank the following pharmaceutical companies for sponsoring our weekly CMEs Programmes :

- 1) M/s. Chiron Panacea Vaccines Pvt. Ltd. for Dr. Y. K. Ambdekar's lecture on 09-06-2009.
- 2) M/s. Cipla Respiratory for Dr. Sanjeev Mehta's lecture on 05th May 2009.

- **WORKING LUNCH WILL BE SERVED FROM 01.30 PM TO 02.30 PM BEFORE EACH CME**
- **CGP & IMA Members who have paid Annual Fees :**
(CGP : Rs.750/- & IMA : Rs.1000/-) Free.
- **CGP & IMA Members : Rs. 50/- (Not Paid Annual Fees) (Weekly Lectures).**

Each Lecture Carries A Credit of 1 Hour Each For FCGP Examination.

DR. JAYESH LELE
President

DR. S. K. JOSHI
Hon. Secretary

DR. SUBODH KEDIA
Asst. Director of Studies
IMA - Mumbai West C.G.P. Sub Faculty

DR. PRITI BHARGAVA
Asst. Secretary



FROM THE
HON. SECRETARY'S DESK.....



Dear Colleagues,

Our Central budget has been recently presented. I recollect there is increase in the service changes of professionals like Doctor, CA, Architect etc. I strongly feel that we should register strong protest against this & should not accept any taxes or cess just hammered upon us in this manner. Railways, Airlines & many other places any form for any sort of work you feel in, there is separate box mentioning that please tick in case you are a Doctor. In practice & in ground reality I feel majority of doctors are maximally exploited & minimally paid or rewarded There are no allowances / rebates / special provisions for doctors or their families. There are even no special provision besides those declared for senior citizens in general for ageing doctors who can not work as before on account of age / disease. In India health care delivery system can not neglect the role played by private sector comprising of Private hospitals, consultants, nursing homes & private primary care physicians. I definitely feel '60-65' % health care is by private sector. Government or other allied agencies can not cater to the health needs of the society in total 100%. Ideally union health minister should be experienced & competent doctor cum administrator but very few doctors can master this blend of professional expertise & administrative skills. **This reminds me of Bharat Ratna Late.**

Late Dr.B.C.Roy who with his such abilities led country following independence in the spheres of establish good health care delivery system. As a corollary, finance minister should be an economist. For instant late Honourable Prime Minister Mr. Narashim

Rao chose Dr. Mammohan Singh the then Governor of RBI & offered him Finance Ministership and friends rest is the history....

I invite your views in this regards.

Doctor's Day Programme was well appreciated. I sincerely thank you all for coming & making the programme a great success. Your graceful presence in spite of heavy rains really boosted our moral. We have started Free Geriatric Counseling.

We have started getting rains but our catchment areas of lakes are still not receiving enough rains. We pray God to bless us with timely enough rainfall. According to Acharya Rajneeshji uncertainly & unpredicted activity of rains in our country whose economy is mainly agriculture & agricultural produce dependent has made us Indians grate believer in Fate/Luck/Astrology.

The coming month of August is very hectic. On Sunday, 09.08.2009 we have Additional General Body Meeting & elections of IMA Maharashtra State for the post of President. I request each & all of you to come & vote for official nominated candidate of our branch - **Dr. Bakulesh Mehta** without fail. WE also present conference of Dentacon on Sunday, 02/07/09 & Gynecon on Sunday, 16/07/09.

The month of August marks the beginning of festivity with festivals like Rakhee & Ganesh Festival. Independence Day also marks the month of August. I wish you all Happy Independence Day & extent my heartiest greetings on the occasion of Rakhee & Ganesh Festival.

With best regards,

DR. S. K. JOSHI
Hon. Secretary

INDIAN MEDICAL ASSOCIATION - MUMBAI WEST

Presents

“DENTISTRY UPDATE”

Day & Date : SUNDAY, 02ND AUGUST 2009
Time : 09.00 a.m. onwards
Venue : IMA Hall, IMA Building, J. R. Mhatre Marg, JVPD Scheme,
Behind Chandan Cinema, Juhu, Mumbai - 400049.

PROGRAMME

Time	Topic	Speaker
09.00 am - 09.30 am	Registration & Breakfast	
09.30 am - 09.45 am	Welcome Address President's Address Inauguration	Hon. Secretary - Dr. S. K. Joshi President - Dr. Jayesh Lele Dr. Kusum Doshi
09.45 am - 10.30 am	Periodontics	Prof. Dr. Kumarswamy
10.30 am - 11.00 am	Orthodontics	Prof. Dr. Anil S. Malik
11.00 am - 11.30 am	Oral & Maxillofacial Surgery	Prof. Dr. Neelam A. Malik
11.30 am - 12.00 noon	Prosthodontics	Prof. Dr. Milind Karmarkar
12.00 noon - 12.35 pm	Panel Discussion on Oral Hygiene	Prof. Dr. Anil Malik and others
12.40 pm - 01.10 pm	Vote of Thanks & Lucky Draw	Dr. Akil Contractor
01.15 pm onwards	Lunch	

MODERATOR : DR. NIRUPA KULKARNI

◆ **Registration FREE: But a must.**

◆ **EARLY BIRD LUCKY DRAW FOR MEMBERS WHO REGISTER BY 09.30 AM**

◆ Programme will Start and END ON TIME.

FOR REGISTRATION CONTACT

MS. APARNA / MS. SEEMA / MS. SUNITA
IMA OFFICE, TEL. NOS.: 2620 6517 / 2625 4368

**THIS PROGRAMME SUPPORTED BY AN UNRESTRICTED
EDUCATIONAL GRANT BY “ORAL HEALTH CARE” DIVISION OF
M/S. JOHNSON & JOHNSON INDIA LTD.**

DR. JAYESH LELE
President

DR. S. K. JOSHI
Hon. Secretary

DR. AKIL CONTRACTOR
Program Co-ordinator



**FROM
The Editorial Desk.....**



EAGLES IN A STORM

When I was young, one of our teachers told our class a very striking allegory. He was talking about facing adversities in our life. His contention was that everyone is going to face reverses and troughs of life. It is we and not God or our fate, who decide the personal outcomes of such events. He told us the following parable of an Eagle.....

“Did you know that an eagle knows when a storm is approaching long before it breaks?

The eagle will fly to some high spot and wait for the winds to come. When the storm hits, it sets its wings so that the wind will pick it up & lift it above the storm. While the storm rages below, the eagle is soaring above it.

The eagle does not escape the storm. It simply uses the storm to lift it higher. It rises on the winds that bring the storm.

When the storms of life come upon us - and all of us will experience them - we can rise above them by setting our minds and our belief toward OURSELVES. The storms do not have to overcome us. We can allow our own power to lift us above them.

This unique power will enable us to ride the winds of the storm that bring sickness, tragedy, failure and disappointment in our lives.

ALWAYS REMEMBER, WE CAN SOAR ABOVE THE STORM!”

All of us are facing such storms in our life. There is simply too much on our platter so that it is difficult to pay attention to every detail. We have patients who have started questioning our treatments, we have community which is looking with suspicion to our management of our patients and probable “fiscal” interest while coming to an ideal treatment option; we have authorities who are looking at every detail to

see if we have committed any omission, however insignificant it may be; we have our own brethren who would not be proactive in protecting their fellow practitioners and so on and so forth.

While it is important to realize that we have to upgrade ourselves in terms of our knowledge and our understanding of the situation, there is no question in my mind that we need to take efforts to understand the viewpoints of others, rather than sitting in our own created cocoons and neglecting the changing scenario. It is of importance to understand the “informed management of our patients”, that we are part of a system which governs the medical treatment of patients in our city and that we need to learn all the framed rules and regulations while practicing our medicine.

As members of IMA, we must remain cohesive and support each other. The recent unfortunate events occurring in IMA Maharashtra State have created unwanted storms and litigations for IMA, which we would have done better to avoid. It is important to differentiate “right” from “wrong” and support the “right”. “Present is pregnant with future” and our choices will inevitably lead to the future which only we can shape. In the upcoming IMA Maharashtra State elections, we have a chance to “fly above the storm” by supporting our official nominated candidate and exercise our right to “make a statement”!!

Remember, it is not the burdens of life that weigh us down; it is how we handle them!
With IMA regards,

DR. B.M. INAMDAR
Vice President and Editor
2009-10

**IMA - CGP MUMBAI WEST SUB FACULTY of
INDIAN MEDICAL ASSOCIATION - MUMBAI WEST**

Presents

An interesting symposium on “ANTIBIOTICS”

Day & Date : SUNDAY, 09TH August 2009

Time : 10.00 a.m. onwards

**Venue : LUPIN CME Auditorium, IMA Building, J.R. Mhatre Marg,
JVPD Scheme, Behind Chandan Cinema, Juhu, Mumbai - 49.**

PROGRAMME

Time	Topic	Speaker
10.00 am - 10.15 am	Registration & Tea	
10.15 am - 10.30 am	Welcome	Dr. S. K. Joshi
	Inaugural Address	Dr. Jayesh Lele
10.30 am - 12.30 pm	ANTIBIOTICS REVISITED	Dr. Arun Shah Consulting Nephrologist Lilavati Hospital & Arogya Nidhi Hospital
12.30 pm	Vote of thanks	Dr. Subodh Kedia

MODERATOR : DR. AKIL CONTRACTOR

- ❖ NO REGISTRATION CHARGES, BUT ADVANCE REGISTRATION IS COMPULSORY
- ❖ KINDLY REGISTER EARLY TO AVOID DISAPPOINTMENT.
- ❖ REGISTRATION LIMITED TO 150 DELEGATES ON FIRST CUM FIRST SERVE BASIS.
- ❖ ATTRACTIVE DELEGATE GIFT FOR MEMBERS WHO REPORT TILL 09.30 A.M.

DR. JAYESH LELE

President

DR. S. K. JOSHI

Hon. Secretary

DR. AKIL CONTRACTOR

Convenor

DR. SUBODH KEDIA

Asst. Director of Studies

DR. PRITI BHARGAVA

Asst. Secretary

IMA - Mumbai West CGP Sub Faculty

**INDIAN MEDICAL ASSOCIATION MUMBAI WEST
LIFE MEMBERSHIP FEES ARE INCREASING
FROM 31 AUGUST-09
JOIN IMA NSSS AND IMA SSS**

10-06-2009

UNDER CERTIFICATE OF POSTING

ADDITIONAL GENERAL BODY MEETING

NOTICE

An Additional General Body Meeting of the Members of Indian Medical Association - Mumbai West Branch shall be held on Sunday, 09th August 2009, at 8.00 a.m. at IMA Building, Behind Chandan Cinema, J. R. Mhatre Marg, JVPD Scheme, Juhu, Mumbai 400 049 to transact the following business.

AGENDA

- 1) To appoint Chief Election Officer and Election Committee.
- 2) To conduct the election for one post of President for the Maharashtra State Branch of I.M.A. for the next Association year i.e., 2009 - 2010.
- 3) To adopt the audited statement of accounts and the balance sheet of the branch for the previous year ending 31st March.
- 4) To appoint statutory auditors for the current year starting from 1st April 2009 to 31st March 2010 and to fix the remuneration of the auditor.

DR. S. K. JOSHI
Hon. Secretary

N.B. :

1. The meeting, if adjourned for the lack of quorum, will be held at the same place after half an hour in which case, members present will form the quorum.
2. Documents pertaining to ACCOUNTS will be available for inspection from 6th August 2009 & 7th August 2009 between 3.00 p.m. and 5.00 p.m. and any queries regarding the same can be sent in writing to the office upto 5.00 p.m. on or before 7th August, 2009.
3. **The Ballot Box will be kept open from 09.00 a.m. to 04.00 p.m.**
4. IMA I-Card or Government recognised photo Identity Card mandatory for Voting.

ACHIEVEMENTS !

- **MS. TANVI G. NABAR** daughter of our life member **DR. GOPAL N. NABAR** stood 4th in the MHTCET & 1st amongst girl getting 198/200.

Congratulations! We are proud of you ! keep it up !

DR. JAYESH LELE
President

DR. S. K. JOSHI
Hon. Secretary

WOMEN'S WING SUB COMMITTEE

REPORT

- 1) Our 1st programme of the **Women's Wing** was grand success. It was on "**LOSE WEIGHT IN INCHES & GET INTO SHAPE**" by well known **Fitness Expert, Physio-Occupational Therapist and Sport-Medicine Consultant MS. SAMEERA GUPTA** on **FRIDAY, 26TH JUNU 2009** at 02.30 pm at Medical Club of Vile Parle.

This was a joint programme of women's wing of IMA - Mumbai West Branch & Medical Club of Vile Parle. This programme was very well attended. There were 81 delegates attended this programme.

- 2) "**HEALTHITUDE FOR VIBRANT LIVES**" on **YOGA** held on **FRIDAY, 10TH JULY 2009** at our branch premises. It was a joint programme of **Members' Welfare, Women's Wing Sub Committee of IMA - Mumbai West Branch & Medical Club of Vile Parle**. We had organized a demonstration of various yogic exercises by well known Yoga Expert **MRS. SHIVANI KILLAWALA**. Her demonstration was excellent and was appreciated by each and everyone attended.

It was well attended by more than 28 delegates. The charges collected from the members were Rs.30/- per head with which we could manage our actual expenses.

DR. BHAVNA PATEL

Chairperson - Women's Wing Sub Committee

CULTURAL SUB COMMITTEE REPORT

The cultural committee of our branch presented an excellent cultural programme of "**DANCE IMA DANCE**" on occasion of "**DOCTOR'S DAY CELEBRATIONS**" held on **SUNDAY, 05TH JULY 2009** in the evening from 07.00 pm onwards.

This in house entertainment was the brainwave of Dr. Rohini Badwe

The dance programme was compeered by Dr Meena prabhoo. Participants included Dr. Smita Datar, Dr. Meghna Joshi, Dr. Shobha Nadkarni, Dr. Vaijayanti Bhave, Dr. Arun and Dr. Soniya Rane, Dr. Naresh and Sushama Wadhwas, Ojasi Datar, Palasha Shah & Navya Shah. Choreographer Ms Priyanka Purohit gave lively guest performance

We must thank them as well as the performers for an excellent evening.

DR. ROHINI BADWE

Chairperson - Cultural Sub-committee

DR. S.K. JOSHI

Hon. Secretary

Members' Welfare Sub Committee, Women's Wing Sub Committee
Of
INDIAN MEDICAL ASSOCIATION - MUMBAI WEST
&
MEDICAL CLUB OF VILE PARLE
Presents

“DIET IN HEALTH & DISEASE”

Day & Date : FRIDAY, 07TH AUGUST 2009
Time : 02.30 p.m. to 04.00 p.m.
Venue : **IMA Hall**, IMA Building, J. R. Mhatre Marg, JVPD Scheme,
Behind Chandan Cinema, Juhu, Mumbai - 400049.

PROGRAMME

Time	Topic	Speaker
01.30 pm - 02.30 pm	Registration & Lunch	
02.30 pm	Inaugural Address Welcome	President - Dr. Jayesh Lele Dr. Bipin Kamdar
02.40 pm 03.50 pm	“DIET IN HEALTH AND DISEASE”	MS. AVANTIKA SHAH Eminent Nutritionist/Dietician (Senior Nutritionist – FEMINA MISS INDIA 2009) (Senior Diatician TALWARKARS)
04.00 pm	Vote of Thanks	Dr. Bhavna Patel

- ❖ R.S.V.P. : MUST BEFORE 05TH AUGUST 2009
- ❖ REGISTRATION FREE: BUT A MUST.

FOR REGISTRATION CONTACT :

MS. APARNA / MS. SEEMA / MS. SUNITA
IMA OFFICE, TEL. NOS.: 2620 6517 / 2625 4368

DR. JAYESH LELE
President

DR. S. K. JOSHI
Hon. Secretary

DR. BIPIN KAMDAR
Chairperson
Members' Welfare Sub Committee
(98200 26093)

DR. BHAVNA PATEL
Chairperson
Women's Wing Sub Committee
(97731 61617)

DR. AKIL CONTRACTOR
Chairman
Medical Club of Vile Parle

DR. SANDEEP KHAKHARIA
Hon. Secretary
Medical Club of Vile Parle

REPORT

DOCTOR'S DAY CELEBRATIONS - 2009

Traditionally Doctor's day is celebrated all over the country by Indian Medical Association to remember the multifaceted personality and the dedicated life of legendary IMA leader Bharatratna late Dr. B.C.Roy. Our branch also celebrate Doctor's Day keeping this traditions. This year our branch organised an excellent Doctor's Day Programme on **SUNDAY, 05TH JULY 2009** at our branch premises from 07.00 p.m. onwards at our branch premises.

We had the great fortune of felicitating following Celebrities.

- ❖ **MR. I. A. MODI**, CHAIRMAN, M/s. Cadila Pharmaceuticals Ltd.
- ❖ **DR. KULDIP SINGH GOLERIA**, Renowned Plastic, reconstruction & Cranio-Facial Surgeon
- ❖ **PADMASHREE DR. LUZITO DE SOUZA**, Renowned Onco- Surgeon
- ❖ **DR. K. S. AITHAL**, Senior Family Physician
- ❖ **DR. BAKULESH S. MEHTA**, Senior Family Physician

Hon.Secretary Dr.S.K.Joshi welcomed everybody. President Dr. Jayesh Lele delivered inaugural address.

All of the above Celebrity were properly introduced and was felicitated by presenting an excellently crafted trophy, floral bouquet, Shawl & Shreephala at the hands of our President Dr. Jayesh Lele. The dignitaries in turn, effectively expressed their feelings and thanked our branch for the honor.

Dr. Agam Vora, Dr. Ketan Mehta, Dr. B. S. Mehta, Dr. Manohar Bachani & Dr. Ajay Hariani provided excellent logistical support. The entire felicitation programme proceeded smoothly to the thunderous applause by the extremely responsive audience.

Dr. Mrs. Bijal Vora conducted the felicitation programme excellently.

After the felicitations, **Grand Cultural Evening** of "DANCE IMA DANCE" programme. The programme was followed by sumptuous dinner. Office bearers of different branches as well as IMA leaders from various parts of the state attended the programme in large numbers.

It was a truly memorable programme in every possible way and every aspect of this programme was appreciated and enjoyed thoroughly by all. This programme will, indeed, be remembered for a long time.

We are thankful to our esteemed members for attending in the large number and making the programme grand success. We also appreciated & express our thanks to office staff, Para vision for excellent Audio Visual arrangements, Amantran caterers & Decorators for excellent services and many many our well-wishers & friends who have contributed to the success of this mega event.

Dr. S. K. Joshi
Hon. Secretary

DON'T FORGET!!
POLIO PLUS NID
ON 09-08-2009

"URGE YOUR PATIENTS
TO GIVE EXTRA POLIO DOSES
TO CHILDREN
BELOW 5 YEARS OF AGE
ON
SUNDAY, 09TH AUGUST 2009
AT THE NEARBY BOOTHS".

BRIEF BIO-DATA
DR. BAKULESH S. MEHTA

1) IMA - Mumbai West Branch :

- President (1997 - 1998);
- Vice President (1994 -1995, 1995 - 1996);
- Hon. Treasurer (1987 - 1988, 1988 - 1989);
- Ex. Managing Trustee (2008 – 2009)
- Members of Board of Trustee (2003-04, 2004-05, 2005-06, 2006-07 & 2009-10).

- Hon. Joint Secretary (1993-1994, 1994-1995)
- Vice President (1996-1997);
- Attended more than 22 IMA - State Conferences.
- Attended about 70 State Executive & 20 State Council Meetings.

3) IMA - Headquarters:

- C.W.C Member last 10 years & attended more than 20 CWC meetings.
- Central Council Member last 20 years.
- Attended about 18 Central Council Meeting.

4) GPA GB Mumbai :

- President (2000 - 2001)

5) Andheri Medical Association :

- Past President & Trustee last five years & now Managing Trustee

6) Other Organisations / Activities :

- Hon. Physician of Cheshire Home (Home for Paraplegic) - since 1985 attached with this Charitable Organisation since 30 years.
- Hon. Secretary / Trustee of Andheri Girl's Education Society.
- Served for 3 months at Medical Relief Cell of Refugees of Kuwait - Iraq war at Sahar Airport - 1991.

7) Prestigious Awards :

- IMA - National President Appreciation Award as Best President amongst all IMA Branches of India in 1997 - 98.
- "President Appreciation Award for Selfless Services" by IMA - M S Award Committee for the year 2006 - 2007.
- "IMA National President Appreciation Award for Life Long Services to IMA" for the year 2007 - 2008.

AN APPEAL

PLEASE SUPPORT OFFICIAL CANDIDATE OF OUR BRANCH



DR. BAKULESH S. MEHTA

FOR THE POST OF
PRESIDENT

OF

I.M.A. - MAHARASHTRA STATE BRANCH
(2009-2010)

DR. JAYESH LELE

President

DR. ANIL SUCHAK

Imm. Past President

DR. B. M. INAMDAR

Vice President

DR. S. K. JOSHI

Hon. Secretary

DR. JAYESH DOCTOR

Managing Trustee

DR. AJAY HARIANI

Hon. Treasurer

DR. (MRS.) ALKA B. MEHTA

Hon. Joint Secretary

Trust Board Members

DR. K. S. AITHAL

DR. R. G. JIMULIA

DR. SAEED UMERJEE

And

IMA - MUMBAI WEST BRANCH MEMBERS

DR. RAMESH SHAH

*President
IMA - Mumbai Branch*

DR. ANIL PACHNEKAR

*Past President,
IMA - Mumbai Branch
& Vice President, IMA - MS*

DR. VIJAY PANJABI

*President,
GPA - Greater Mumbai
& Past President, IMA - MS*

DR. RAJENDRA TRIVEDI

*Hon. Secretary
IMA - Mumbai Branch*

DR. SHIV UTTURE

*Hon. Treasurer
IMA - Mumbai Branch*

DR. HOUZI KAPADIA

*Past President,
IMA Mumbai Branch
& Imm. Past President,
GPA Greater Mumbai*

INDIAN MEDICAL ASSOCIATION - MUMBAI WEST
IMA - CGP MUMBAI WEST SUB FACULTY
&
ASSOCIATION OF FELLOW GYNAECOLOGISTS
Proudly Presents **GYNAECON - 2009**

Day & Date : SUNDAY, 16TH August 2009
Time : 09.00 a.m. to 04.00 p.m.
Venue : IMA Hall, IMA Building, J. R. Mhatre Marg, JVPD Scheme,
 Behind Chandan Cinema, Juhu, Mumbai - 400049.

PROGRAMME

Time	Topic	Speaker	Chairperson
09.00 am - 09.30 am	Registration & Breakfast		
SESSION CHANGING TRENDS			
09.30 am - 10.00 am	RECENT ADVANCES IN INFERTILITY	Dr. AMIT PATKI	DR. SUDHIR NAIK
10.00 am - 10.30 am	FIBROIDS-RECENT MANAGEMENT	DR. NANDITA PALSHEKAR	DR. NITIN RAO
10.30 am - 11.00 am	NEWER CONCEPTS IN PELVIC FLOOR SURGERY	DR. AJIT VIRKUD	DR. S.N. AGRAWAL
11.00 am - 11.45 am	<ul style="list-style-type: none"> ● Inauguration ● Life Time Achievement Award ● Key Note Address : My defining experiences in gynaecology 	DR. JAYESH LELE DR. R. P. SOONAWALA	DR. B. M. INAMDAR
SESSION UNDERSTANDING BASICS			
11.45 am - 12.15 pm	PYREXIA IN PREGNANCY	DR SANDHYA KAMAT DEAN & PHYSICIAN SION HOSPITAL	DR. BIPIN PANDIT
12.15 pm - 12.45 pm	MENOPAUSE	Dr. RAJENDRA SARAOGI	DR. UNNATI SHAH
01.15 pm - 02.00 pm	LUNCH		
02.00 pm - 04.00 pm	TETE-A-TETE WITH EXPERTS 1. HYPERTENTION IN PREGNANCY 2. EVOLUTION OF OC PILLS 3. NUTRITION IN PREGNANCY	DR. SHYAM DESAI DR. ASHWINI BHALERAO DR. RAKESH PANDIA	DR. HEMANT DUGAD DR. MUKESH GUPTA DR. KARTIK BHAGAT
04.00 pm	Vote of Thanks	DR. BALKRISHNA M. INAMDAR	

Registration Charges :

- CGP and IMA Members who have paid ANNUAL Fees = Free. (Only if Registered in Advance)
- CGP / IMA Members /AFG Members : Rs.100/- ● Eligible Non Members : Rs.150/-
- 100 "Early Bird Prizes" for those who register by 09.30 am on Sunday, 16th August 2009.
- **Programme will Start and END ON TIME.**

FOR REGISTRATION CONTACT : MS. APARNA / MS. SEEMA / MS. SUNITA
 IMA OFFICE, TEL. NOS : 2620 6517 / 2625 4368

DR. JAYESH LELE
President

DR. S. K. JOSHI
Hon. Secretary

DR. B.M.INAMDAR
Convenor

DR. RAKESH PANDIA
President

DR. KARTIK BHAGAT
Co-Convener & Hon. Secretary

DR. BIPIN PANDIT
Co-convener

ASSOCIATION OF FELLOW GYNAECOLOGISTS

**IMA - CGP MUMBAI WEST SUB FACULTY of
INDIAN MEDICAL ASSOCIATION - MUMBAI WEST
&
IMA – MAHARASHTRA STATE BRANCH present
A unique Programme on “WORLD HEART DAY”**

Day & Date : SUNDAY, 20TH SEPTEMBER 2009
Time : 09.30 a.m. onwards
**Venue : IMA Hall, IMA Building, J. R. Mhatre Marg, JVPD Scheme,
Behind Chandan Cinema, Juhu, Mumbai - 400049.**

PROGRAMME

Time	Topic	Speaker
09.30 am - 10.00 am	Registration & Tea	
10.00 am - 10.30 am	Welcome Address	President - Dr. Jayesh Lele
	Inaugural Address	State President – Dr. Arun Pawde
10.30 am - 11.00 am	Management of Acute Myocardial Event	Dr. J. J. Dalal
11.00 am - 11.30 am	How do I live with stent ?	Dr. Sushil Kumbhat
11.30 am - 11.45 am	Tea	
11.45 am - 12.15 pm	Management of Dyslipidaemia	Dr. Nilesh Gautam
12.15 pm - 12.45 pm	Hypertension - Presentation & Management	Dr. Haresh Mehta
12.45 pm - 01.15 pm	Panel discussion	
01.15 pm - 01.20 pm	Vote of Thanks	Dr. S.K.Joshi
01.20 pm onwards	Lunch	

MODERATOR : **DR. AKIL CONTRACTOR**

REGISTRATION CHARGES :

- ❖ NO REGISTRATION CHARGES, BUT ADVANCE REGISTRATION IS COMPULSORY.
- ❖ KINDLY REGISTER EARLY TO AVOID DISAPPOINTMENT.
- ❖ REGISTRATION LIMITED TO 150 DELEGATES ON FIRST CUM FIRST SERVE BASIS.
- ❖ ATTRACTIVE DELEGATE GIFT FOR MEMBERS WHO REPORT TILL 09.30 A.M.

THIS PROGRAMME SUPPORTED BY AN UNRESTRICTED EDUCATIONAL GRANT

M/S. BIOSENSORS INTERNATIONALS

MAKERS OF BIOMATRIX – BIODEGRADABLE POLYMER CORONARY DRUG ELUTING STEPT

FOR REGISTRATION CONTACT : **MS. APARNA / MS. SEEMA / MS. SUNITA**

IMA OFFICE, TEL. NOS.: 2620 6517 / 2625 4368

DR. JAYESH LELE
President

DR. S. K. JOSHI
Hon. Secretary

DR. AKIL CONTRACTOR
Assist Director of Studies
IMA – CGP Maharashtra State

DR. AVINASH BHONDWE
Assist Secretary
IMA – CGP Maharashtra State

Review of “MEDICINE UPDATE 2009”

Medicine Update 2009 programme was held
on 5th July, 2009 at IMA Hall.

Hon Sec. **Dr. S. K. Joshi** welcomed all the delegates followed by Presidential Address of **Dr. Jayesh Lele**. Dr. Uday Khopkar spoke on Newer Avenues in Allergy. Dr. Shreerang Joshi gave tips on extending the life of natural knee by means other than total knee replacement. Dr. Rishikesh Pandya enlightened us on renal and bladder tumours. This was followed by a Panel Discussion on Antibiotics where Dr. Salil Bandre, Dr. Samir Parikh, Dr. Ajay Choksi and Dr. Sharad Sheth participated in the discussion and it was moderated by Dr. Manoj Patel. Dr. Sanjeev Mehta enlightened us on allergy testing and treatment. Thereafter, Dr. Sanjeev Jain guided us on computer assisted knee replacement surgery.

The above programme was attended by 100 delegates. We thank Dr. Akil Contractor, Dr. Priti Bhargava, Dr. Sanjeev Khosla for chairing the sessions.

The entire programme was moderated by Dr. Subodh Kedia.
Ceremony "OF IMA MUMBAI WEST" (add)

INVITATION

All are cordially invited for

**NATIONAL FLAG
HOISTING CEREMONY
OF IMA MUMBAI WEST**

On

SATURDAY, 15TH AUGUST 2009

At 09.00 am sharp at our branch premises

Please join us in time.

 DR. JAYESH LELE <i>President</i>	DR. S. K. JOSHI <i>Hon. Secretary</i>
---	---

CULTURAL SUB COMMITTEE, MEMBER'S WELFARE SUB COMMITTEE,
WOMEN'S WING SUB COMMITTEE

of

INDIAN MEDICAL ASSOCIATION - MUMBAI WEST

Present & invite you to a programme

of

“RECITAL OF MAHAN SANT MEERABAI BHAJANS”

by

MRS. MADHAVI KAVISHWAR & OTHERS

On

WEDNESDAY, 19TH AUGUST 2009

From

02.00 p.m.- 04.00 pm : A Spiritual programme of Literature Music &
Dance on Famous Poetess & Krishna Devotee
Sant Meerabai.

04.00 pm - High Tea

at

Venue : **IMA 2nd Floor Hall**, IMA Building, J. R. Mhatre Marg,
Behind Chandan Cinema, J.V.P.D. Scheme, Juhu,
Mumbai - 400 049.

RSVP : Must.

Damages : FREE for Members / Family & Friends.

For Registration Contact : **Ms. Aparna / Ms. Seema / Ms. Sunita**
IMA Office, Tel. Nos: 2620 6517 / 2625 4368

DR. JAYESH LELE
President

DR. S. K. JOSHI
Hon. Secretary

DR. ROHINI BADWE
Chairperson
CULTURAL SUB COMMITTEE
(93210 24708)

DR. BHAVNA PATEL
Chairperson
WOMEN'S WING
(97731 61617)

DR. BIPIN KAMDAR
Chairperson
MEMBER'S WELFARE
(98200 26093)

FOR YOUR KIND INFORMATION

Under Sec. 65 of Finance Act 1994

Service Tax for Doctors

“To any person, by any other person, in relation to Cosmetic Surgery or Plastic Surgery, but does not include any Surgery under taken to Restore or Reconstruct Anatomy or Functions of Body affected due to Congenital Defects, Developmental Abnormalities, Degenerative Diseases, Injury or Trauma”.

INFORMATION

- All branches activity / news must be sent to Hon. Secretary General, Dr. Dharam Prakash for JIMA Publications.
- IMACON Hyderabad 2009 : 84th IMA Annual Conference on 27th to 29th December 2009.

REGISTRATION : 31-07-2009 / 01-08-2009

to

31-10-2009 / 01-11-2009

to

26-12-2009 Spot

Delegate Fees : 900/- 1300/- 1800/- 2200/-

Accompanying person : 900/- 1300/- 1800/- 2200/-

CONTACT :

IMA Building , Ground Floor, ESAMIA Bazar, Hyderabad – 500 027.

Telefax: 040 – 24738197 Email: 84imaconhyderabad@gmail.com

Dr. Niranjan R. Vaidya

Chairperson,

State & Centre Co-Ordinator Sub Committee

FORTH COMING SPORTS EVENTS

- **Bridge** on 2nd August 2009.
- **‘Scrabble’** for all Members, Members’ Children & Grand Children, 20 Sept. 20.
- **‘Carrom & Chess’** for members and members children in November & December 2009.

Dr. Nilesh Shah

Chairperson - Sports Sub Committee

SMOKING & CARDIOVASCULAR DISEASE

Dr. Lekha Adik Pathak

Head of Cardiology,
Nanavati Heart Institute, Mumbai
Former Director Professor & Head,
Cardiology, Grant Medical College &
J.J. Group of Hospitals, Mumbai.

Dr. Siddharth Sheth

Resident in Cardiology

Introduction : Cigarette smoking (CS) in both men and women increases the incidence of myocardial infarction (MI) and fatal coronary artery disease (CAD)

Passive smoking (environmental tobacco exposure) with a smoke exposure about one-hundredth that of active CS is associated with approximately a 30% increase in risk of CAD

Physical and biochemical properties of cigarette smoke

Conventionally, cigarette smoke is divided into two phases: a tar phase and a gas phase. The tar or particulate phase is defined as the material that is trapped when the smoke stream is passed through the Cambridge glass-fiber filter that retains 99.9% of all particulate material with a size >0.1 μm . The gas phase is the material that passes through the filter. The particulate (tar) phase of cigarette smoke contains $>10^{17}$ free radicals/g, and the gas phase contains $>$ free radicals/puff.

Cigarette smoke that is drawn through the tobacco into an active smoker's mouth is known as mainstream smoke. Sidestream cigarette smoke is the smoke emitted from the burning ends of a cigarette. Mainstream cigarette smoke comprises 8% of tar and 92% of gaseous components. Environmental tobacco smoke results from the combinations of sidestream smoke (85%) and a small fraction of exhaled mainstream smoke (15%) from smokers.

1. Cs and atherosclerosis: Clinical observations :

Cigarette smoking predisposes the individual to several different clinical atherosclerotic syndromes, including stable

angina, acute coronary syndromes, sudden death, and stroke Aortic and peripheral atherosclerosis are also increased, leading to intermittent claudication and abdominal aortic aneurysms.

Early studies associated pack years of smoking with the severity of angiographically determined atherosclerosis Cigarette smoking was also found to be an independent predictor of new coronary lesion.

Vasomotor dysfunction, inflammation, and modification of lipids are integral components for the initiation and progression of atherosclerosis.

It has also been reported that active and passive smoking are associated with a consistent increase in intimal-medial thickness of the carotid artery.

a. **Vasomotor dysfunction** : Impairment of vasodilatory function is one of the earliest manifestations of atherosclerotic changes in a vessel.

Both active and passive cigarette smoke exposure are associated with a decrease in vasodilatory function.

Cigarette smoke exposure impaired endothelium-dependent vasodilation (EDV) in Macrovascular beds such as coronary and brachial arteries and in microvascular beds.

Nitric oxide (NO), a free radical, is primarily responsible for the vasodilator function of the endothelium. Using cigarette smoke extract (CSE) or isolated components such as nicotine, multiple in vitro studies have found that CS was associated with decreased NO availability.

Not only is NO a vasoregulatory molecule, it helps regulate inflammation. Leukocyte adhesion, platelet activation, and thrombosis. Therefore, an alteration in NO biosynthesis could have both primary and secondary effects on the initiation and progression of atherosclerosis and on thrombotic events.

- b. **Inflammation** : The inflammatory response is an essential component in the initiation and evolution of atherosclerosis.

Studies have indicated that CS causes about a 20% to 25% increase in the peripheral blood leukocyte count. In vivo, CS is associated with an increased level of multiple inflammatory markers including C-reactive protein, interleukin-6, and tumor necrosis factor alpha in both male and female smokers.

Local recruitment of leukocytes on the surface of endothelial cells is an early event in atherosclerosis. Elevations of various proinflammatory cytokines increase leukocyte endothelial cell interaction leading to leukocyte recruitment.

Soluble VCAM-1, ICAM-1, E-selectin levels are higher in smokers. Cigarette **smoking** also causes activation of proatherogenic molecules leading to alteration in cell-cell interactions.

Monocytes isolated from smokers increased expression of the integrin CD 11b/CD 18, which augmented the adhesiveness of the monocytes.

Thus, CS fuels the fire of inflammation in the blood and at the vessel wall.

- c. **Modification of lipid profile.** Cigarette smoking could promote atherosclerosis, in part, by its effects on lipid profile. Smokers have significantly higher serum cholesterol, triglyceride, and low-density lipoprotein (LDL) levels, but high-density lipoprotein is lower in smokers than in non-smokers. The mechanisms responsible are not clearly elucidated, and the role of dietary differences between smokers and non-smokers is unknown. The triglyceride/high-density lipoprotein abnormalities have recently been suggested to be related to insulin resistance.

Cigarette smoking also increases oxidative modifications of LDL. Circulating products of lipid peroxidation and autoantibody titers to oxidized LDL are significantly increased in smokers.

Cigarette smoke extract exposure may also decrease the plasma activity of paraoxonase, an enzyme that protects against LDL oxidation. More recently, in a hyperlipidemic rabbit model, injection of CSE accelerated atherosclerosis through oxidative modification of LDL.

- d. **Genetic predisposition** : Genetic predisposition was found to influence the development of atherosclerosis in individuals exposed to cigarette smoke

CYP1A1 MSP polymorphism or certain endothelial NO synthase intron 4 polymorphisms increase the susceptibility to cigarette smoke exposure-related atherosclerotic diseases including multi-vessel CAD and MI.

2. **Cs and thrombosis- clinical observations**

Cigarette **smoking** is associated with an increased incidence of acute MI. Cessation of **smoking** significantly reduces this risk over a one-to three-year period with an exponential decline approaching the risk in ex-smokers within five years of cessation.

Recent data indicate an immediate reduction in thrombotic events with smoking cessation.

Furthermore, pathologic studies of sudden coronary death indicate that CS increased the risk of plaque rupture and acute thrombosis of a lipid-rich. Thin-capped atheroma in men in female smokers, the prevailing mechanism was plaque erosion with superimposed thrombosis.

Acute cigarette smoke exposure may also increase coronary artery vascular resistance reducing coronary blood flow. Smoking may also be a risk factor for coronary vasospasm

- a. **Platelet dysfunction.** Platelets isolated from smokers exhibited an increased stimulated as well as spontaneous aggregation. Cigarette smoking may decrease availability of platelet-derived NO and decrease platelet sensitivity to exogenous NO, leading to increased activation and adhesion.

b. Alteration of antithrombotic and prothrombotic factors. Current smokers have higher fibrinogen levels that correlate with number of cigarettes smoked. Ex-smokers have fibrinogen levels similar to non-smokers. Alterations of tissue factor (TF) and TF pathway inhibitor-1 (TFPI-1) and a consequent increase in thrombotic potential have also been documented.

An increased TF immuno reactivity and an increase in TF activity were observed in atherosclerotic plaques isolated from apoE-/- mice exposed to half of a non-filtered research cigarette five days a week, for eight weeks.

Furthermore, higher red blood cell counts, hematocrits, blood viscosity, and an ongoing inflammatory process potentiate the prothrombotic process associated with smoke exposure

c. Alteration in fibrinolysis. Human umbilical vein endothelial cells exposed to chronic smoker's serum have significant decreases in both basal and substance-P-stimulated t-PA release in culture.

Therefore, CS is associated with dysfunctional thrombo-hemostatic mechanism (s) that promote the initiation and/or propagation of thrombus formation and limit its effective dissolution.

3. Factors and mechanisms responsible for smoking-mediated vascular dysfunction

Cigarette smoke contains over 4,000 known components, of which only a few components have been examined in isolation.

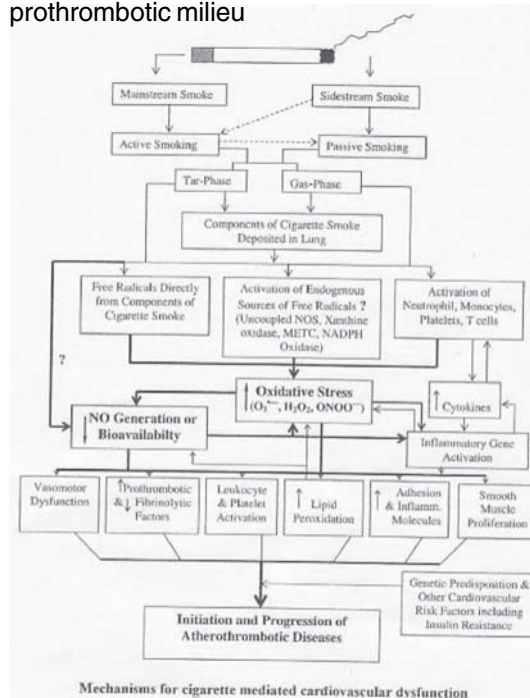
Earlier study suggested that CO could be responsible for **smoking**-related cardiovascular alterations. However, more recent data suggest that CO from cigarette smoke was an unlikely cause for atherosclerosis or thrombus

Nicotine plays a major role in **smoking**-related increases in cardiac output, heart rate, and blood pressure, but its role in CS-related athero-thrombotic disease remains controversial

Currently, free radical-mediated oxidative stress is emerging as the pivotal step for the development of atherosclerosis. In a setting of

CS, free radicals could arise from: 1) the gas or tar phase of cigarette smoke; 2) circulating or in situ-activated macrophages and neutrophils; and 3) endogenous sources of reactive oxygen species such uncoupled eNOS, xanthine oxidase, and the mitochondrial electron transport chain.

A reaction between free radicals such as superoxide and NO not only decreases NO availability but also generates peroxynitrite, which further enhances the cellular oxidative stress. Increased oxidative stress with the loss of the protective effect of NO tips the cellular balance towards a proatherogenic and prothrombotic milieu



4. Abdominal aortic aneurysms :

Smoking strongly associated with abdominal aortic aneurysms. The duration of smoking is associated with risk of aneurysm but the amount smoke is not. Smoking also increases the risk of aneurysm expansion & the rupture as well as risk associated with aneurysm repair.

Men are 10 times more likely than women to have abdominal aneurysm > 4cm but women have a high risk of rupture.

5. **Hypertension** : Smoking is a major risk factor for the development of systemic hypertension. Sympathetic outflow increases with each cigarette leading to increase in arterial stiffness. Noxious effects of smoking include an increase in insulin resistance, visceral obesity & progression of nephropathy.

6. **COPD & pulmonary hypertension :**

Cigarette smoking is most common risk factor for COPD. FEV1 is decreased in a smoker in a dose response relationship; this is expressed as PACK YEARS (average no. of packs of cigarette smoked per day X total no. of years of smoking)

15% of 1 pack per day smokers & 25% of 2 packs per day smokers develops COPD during their life time.

This development of COPD may indirectly lead to development of pulmonary arterial hypertension.

7. **Peripheral arterial disease**

Risk factors associated with coronary atherosclerosis are also associated with atherosclerosis of the peripheral circulation.

Cigarette smoking is the most common modifiable risk factor associated with PAD.

Approximately 84-90% of patients with claudication are smokers. Progression of disease to critical limb ischemia & limb loss is likely to occur in patients who continue smoking. Smoking cessation lowers the PAD risk.

8. **Thromboangiitis obliterans :**

It is a segmental vasculitis that affect the distal arteries, veins & nerves of the upper & lower extremities. Smoking is one of the most common risk factor.

9. **Sudden death** : Framingham study demonstrated that cigarette smokers have 2-3 fold increase in sudden death risk in each decade of life.

Prevalence : Smoking doubles the incidence of CHD & increases the CHD mortality by 50%. These risks increase with age and the no. of cigarette smoked. In US cigarette smoking is the leading preventable cause of death, an accounts for 4,38,000 deaths each year – 35% of which results form CV disease.

Slightly more men than women are current smokers, approximately 23% of men aged 18 or more are smokers as compared with 18% of women, however this gender gap has markedly narrowed.

Because of adverse synergy with OCP's, young female smokers have elevated risk of premature coronary disease & stroke.

Smoking rates tend to be higher among those with lower socioeconomic status.

Benefits of intervention –

Smokers who quit smoking reduce the excess risk of a coronary event by 50% in the 1st year or 2 after cessation, with much of this gain in the 1st few months. This is followed by a more gradual decline with risk of former smokers approaching that of never smokers after 3-5 years.

Cost efficacy :

Smoking cessation is highly cost effective in primary & secondary prevention. The intervention is usually short term & thus of low cost. In fact cessation programmes generally cost less than continued smoking.

The gains in life expectancy are large & the earlier in life individual stops smoking larger the potential gains.

Guidelines & recommendations :

3 types of counseling & behavioral therapies appear to be particularly effective

1. Provision of problem solving & skill training
2. Provision of social support in treatment
3. Help securing social support

Smoking reduction as compared to smoke cessation is not an acceptable strategy.

Low yield cigarettes don't appear to reduce the risk of MI.

Cessation of smoking remains the single most important intervention in preventive cardiology. In a major overview smoking cessation was found to reduce coronary heart disease mortality by 36%

These 35-40% risk reductions exceed other secondary prevention interventions that have received more attention from physicians including the use of beta blockers, aspirin, statins, Ace inhibitors.

Physician actions

Ask : Systematically identify all tobacco users at every visit

Advise : Strongly urge all smoker to quit
Identify smokers willing to quit
Assist the patient in quitting
Arrange follow-up contact

Pharmacologic interventions – first-line therapies

Nicotine gum (1.5)

Nicotine 24-h patch: 21-mg patch for 4 weeks, 14-mg patch for 2 weeks, and 7-mg patch for 2 weeks (1.9)

Nicotine nasal inhaler: one spray to each nostril 1-2 times/h for 3-6 months (2-7)

Nicotine oral inhaler: 6-16 puffs per day for up to 6 months (2.5)

Bupropion: 150 mg/d PO for 3 days followed by 150 mg bid for 7-12 weeks (2.1)

Pharmacologic interventions – second-line therapies

Clonidine: Initial dose 0.1 mg bid PO, or 0.1-mg transdermal patch,

Increasing to 0.15-0.75 mg/d PO or 0.2-mg patch 3-10 weeks (2.1)

Nortriptyline: Initial dose 25 mg/d PO, increasing to 75-100 mg/d for 12 weeks (3.2)

Other interventions

Physician or other medical personnel counseling, 10 minutes (1.3)

Intensive smoking cessation program (2.3)

Clinic-based smoking status identification system (3.1)

Counseling by nonclinicians and social support by family and friends

Telephone counseling (1.2)

Practice guidelines for physicians & various pharmacological modalities for cessation of smoking

WELCOME NEW MEMBERS

ANDHERI

Dr. Nabar Neha Gopal
Dr. Shah Parimal Navinchandra

Dr. Pradhan Amol Shashikumar
Dr. Shah Mrs. Pinkal Parimal

**DAHISAR
GOREGAON**

Dr. Maru Vipulkumar Keshavji
Dr. Gandhi Pankaj Anant

Dr. Shah Mrs. Kinnary Rajiv

KHAR

Dr. Kaul Sanjeev Autarkishen

MALAD

Dr. Kelkar Madhavi Manohar

SANTACRUZ

Dr. Shetty Prabhakar Shekhar

Dr. Shetty Mrs. Geetanjali P.

DR. JAYESH LELE

President

DR. S. K. JOSHI

Hon. Secretary

FACILITIES AVAILABLE IN OUR PREMISES.

- | | |
|---|----------------------|
| 1) Ground floor Hall | Sitting Capacity 300 |
| 2) Lupin Auditorium | Sitting Capacity 150 |
| 3) Lawn | Sitting Capacity 200 |
| 4) 2 nd Floor Hall | Sitting Capacity 150 |
| 5) 4 Self Contained
Air Conditioned Double Bed Rooms | |
| 6) Terrace | Sitting Capacity 200 |

For details contact our office.

DR. JAYESH LELE

President

DR. S. K. JOSHI

Hon. Secretary

FOR YOUR HEART STRINGS

ARE WE COLLECTORS ?

Dear Friends!

Collector ! The heavyweight dignitary of the city holding an important portfolio! After the initial euphoria of this designation dies down, think.. what are we collectors of? Collectors of past baggage; collectors of redundant memories; collectors of unproductive habits; collectors of useless negative emotion; in short, collector of unwanted STRESS !

Ironically we opt to pick up and store stresses from various areas of life...ours as well as that of others. Our day begins with the newspaper bombarding us with stress causing news about wars, escalating prices, terrorism, robbery, rape, court cases and the like. Even though we are not remotely connected with many of these events, we accumulate these stressful news items in our minds. And as soon as we meet friends, lo and behold! A rampage of knowledge, opinions and emotion associated with the news follows. We strengthen the impact and importance of the events by talking about it. Unknowingly and unwillingly, we join the stress brigade.

Many people find respite in television at the end of a hard day's work. Watching television may be a form of relaxation for some, but is not a recommended method by experts. When we watch TV we are barraged with commercials, sounds and images. We carry them in our psyche for hours if not days; remembering the gory scenes of people dying and people crying. Do you think these scenes do not cause stress to our system?

As if this were not enough stress, many of us have a couple of phones around ringing incessantly. With each phone call that we receive, we attach greater value to our social acceptability; while the reverse happens when the phone doesn't ring. The longer the gap between phone calls, the more unwanted and rejected we feel. Aren't we all guilty of checking our cell phones when it has not rang for hours, to check if it is dead? It's as if our heart was beating in synchronisation with the cell phone.

I remember meeting a doctor who went about his daily routine with dishevelled hair, shirt

Dr. Rajiv Anand



untidily tucked into his trousers and tie hanging loose and lopsided from his collar. He pretended to appear tired and drained out to impress upon his patients about how busy he was. I learnt from him that many people feel silently happy in looking stressed and harassed as that gives them a feeling of self importance and being highly valuable. Of course, it's a different story that this tired and busy doctor's practice eventually turned him into a patient of MI and Hypertension.

Then there are those who are more interested in knowing what others are doing or how much they are taking to the bank each month. This excessive interest in other's progress adds unnecessary stress to their minds as it forces them to constantly compare, crib, complain and sulk.

Many of our colleagues still think that smoking cigarettes will cut down their tension. Little are they aware that every cigarette may reduce stress by 10% for a short while. However, it adds additional 60-80% stress to their mind. Cigarette smoking makes you restless, encourages your dependence on it and hindering the development of your inner strength to cope up with day to day stresses.

Some of us have trained our mind with so much of action that it cannot remain without something to keep it occupied all the time. If we find nothing else, we get busy with gossip and other information about relatives, friends and acquaintances with whom we have no direct connection. Their happiness may or may not give us any joy, but their weaknesses & misery in life certainly helps us collect a relative degree of stress.

So what do you think? Do we really want this designation of 'COLLECTOR'? Do we really NEED to collect such unhealthy stresses? The choice is really ours. YOU DECIDE!

Any response or comment is welcome at drrajivanand@gmail.com or 9819266862.

Dental Implants

Tooth loss due to caries, periodontal problem or accident etc. is a great mental trauma to a patient. It is just like losing an organ of your body. Lack of awareness towards restoring the tooth & economic factor leads to negligence towards oral health. Extraction or loss of molar teeth affects the mastication & if the tooth is anterior one then aesthetic value is lost alongwith. In case of old patients who have very few or no teeth at all the life is more miserable.

Dental implants have emerged as a spark of life for such patient. Implants are fixed prosthetic replacements for missing teeth. The right to smile has an unlimited validity period for each individual. This right is compromised in edentulous (tooth less) patients. The implant itself acts as root of independent artificial tooth.

The patient has to go through minor investigations like X-Rays for analysing jaw bone, blood investigations & routine dental prophylactic procedures for maintaining health of remaining teeth. This is pre surgery phase.

Once the above done, the implant placement surgery is done under local anaesthesia. It is around 1/2 hr. to 45 min procedure for single implant.

The next step is impression taking & prosthesis attachment to the implant.

Regular maintainance & check up ensures good prognosis & stability. Implants are very effective, longer life and as good as real teeth.

Lost & Damaged teeth can now quickly & easily replaced with more permanent, natural looking functional option. i.e. Dental Implants.

DR. VIJAY R. KADAM
(B.D.S.)

Luxurious Polyclinic Rooms Available

For ALL faculties in a world
Class Technologically
advanced 15 Bedded
Multispeciality Hospital
with 3.O.Ts , ICU, NICU spread
in 10,000 sft area.

In Andheri (West)

3rd Floor, Om Heera Panna Mall,
Link Road, Oshiwara,
Andheri(West).

M: + 98205 29597

ASSOCIATION OF ALLOPATHIC FAMILY PHYSICIANS

Established : 2008

Eligibility: Qualified allopathic family physicians

Membership fees : Single :Rs.1500/- (life time)

Couple:Rs.2500/- (lifetime)

Current Strength : 120 members

Area : Bandra to Virar

Agenda Of AAFP:

- * Protect and preserve the interests of qualified allopathic family physicians
- * Dignifying & enriching the ways of family practice
- * Generating the importance of qualified allopathic family physicians among common people
- * Standardize family practice-define norms & ways
- * To promote educational, social & cultural activities

Past activities :

- 1) Two half day conferences
- 2) 4 CMEs
- 3) Clinical use delegate gifts like stethoscope, Glucometer, emergency injections

For Details, Contact

Dr.Nitin M. Shah	President	93243 19735
Dr.Mehul M Bhatt	Hon.Gen.secretary	93204 07074
Dr.Ronak Shah	Hon.Treasurer	93232 71274
Dr.Kaushik Joshi	President elect	99309 63883

IMPORTANT ANNOUNCEMENT JOIN

IMA – MAHARASHTRA STATE PROFESSIONAL PROTECTION SCHEME

Admission Fees

(One time payment while joining or rejoining the scheme, not refundable)

&

IMA - MS - SOCIAL SECURITY SCHEME

&

IMA - NATIONAL SOCIAL SECURITY SCHEME

The details of the scheme are available on the websites
imamumbaiwest.com and imamaharashtrastate.org
so please visit the website.

DR. JAYESH LELE
President

98198 12996

DR. S. K. JOSHI
Hon. Secretary

9324607663

DR. KAUSHIK JOSHI
Chairman,
Social Security Scheme Sub Comm
9892280527

HURRY UP

IMA–HQs has increased the HFC share with effect from 1st April 2007. We wish to give chance to all the eligible doctors in our area to become member at lesser rate. This will be applicable till 31.08.2009

Please inform all your friends who are not IMA members about the increase fees.

	Concrete Till 31.05.2009	New Rate from 01.09.2009
Single Life Membership	Rs. 6,000/-	Rs. 7,500/-
Couple Life Membership	Rs. 9,750/-	Rs. 11,000/-

DR. JAYESH LELE
President

DR. S. K. JOSHI
Hon. Secretary

PLEASE REGISTER EARLY

CHARGES FOR MASTACON 2009
(IMA – MAHARASHTRA STATE ANNUAL CONFERENCE 2009)
TO BE HELD ON 13TH - 15TH NOVEMBER 2009
AT OUR BRANCH PREMISES.

- ▶ IMA Delegates : Rs. 750/- up to 30th September 2009
- ▶ IMA Delegates : Rs.1000/- from 01st October 2009
- ▶ Spouse/Children : Rs. 200/- (only Banquet on 14-11-2009 at 8.00 pm onwards.)

Dr. Anil Suchak	Dr. Akil Contractor	Dr. Jayesh Lele	Dr. S. K. Joshi
Organising Chairman	Organising Secretary	Organising Co-Chairman	Organising Co-Secretary

IMA – CGP CME FEES FOR THE YEAR 2009 - 2010

ANNUAL FEES :

This includes Sunday's CME Programme, all mini conferences,
Weekly CMEs on Tuesdays & Thursdays.

(These does not include MASTACON)

- a. IMA - CGP Members of our branch : Rs. 750/-
- b. IMA - Members of our branch : Rs. 1000/-
- c. IMA Members of other branches : Rs. 1500/-
- d. Eligible Non - Members : Rs. 3000/-
- e. Annual CGP Fees + Mastacon Fees : Rs. 1500/-

SURPRISE GIFT FOR THOSE WHO PAY
ANNUAL CGP + MASTACON 2009 FEES BEFORE 31-7-2009

CHARGES OF IMA - CGP LIFE MEMBERSHIP

We wish to draw attention of newly admitted life members of our branch that revised charges for IMA–CGP Life Membership are as follows with effect from 1st January 2009.

- 1) IMA – CGP Life Membership **Rs. 1,000/-**
- 2) IMA – CGP Quarterly Journal life time subscription **Rs. 1,000/-**

IMA – CGP ANNOUNCEMENT

F.C.G.P. Examinations to be held in October 2009 & April 2010.

Interested candidates for details contact IMA office or CGP office bearers,
Dr. Subodh G. Kedia & Dr. Priti Bhargava.

DR. JAYESH LELE
President

DR. S. K. JOSHI
Hon. Secretary